






GROUP FITNESS SCHEDULE



MONDAY

6:45-7:30am Morning Burn— Erika
8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Advanced Tai Chi-Lance
12:00-1:00pm Arm Attack-Noeline
 1:30-2:15pm Silver Sneakers Classic-Noeline
 2:30-3:15pm Beginner Tai Chi-Lance
4:00-5:00pm Multi-level Yoga-Paula


TUESDAY

6:45-7:30am Stretch Express— Erika
9:00-9:45am Chair Yoga— Heather
 10:00-10:45am Core and More— Linda
 11:00-11:45am Sit and Be Fit— Erika
 2:00-2:45pm Mindful Moments
3:00-4:00pm Multi-level Yoga-Paula
5:00-6:00pm Totally Pink-Tiffany 5/13-7/29



WEDNESDAY

6:45-7:30am Morning Burn— Erika
8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Advanced Tai Chi-Lance
12:00-1:00pm Below the Belt— Noeline
 1:30-2:15pm Silver Sneakers Classic-Noeline
 2:30-3:15pm Beginner Tai Chi-Lance
4:00-5:00pm Multi-level Yoga-Paula

THURSDAY

6:45-7:30am Morning Burn— Erika
 9:00-9:45am Stretch Express— Erika
3:00-4:00pm Multi-level Yoga-Heather
5:00-6:00pm Totally Pink— Tiffany 5/8-7/24

FRIDAY

6:45-7:30am Circuit Express— Linda
8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline
 10:45-11:30am Stretch/Balance— Linda
12:00-1:00pm Interval Express— Noeline
 1:30-2:15pm Silver Sneakers Classic-Noeline



KEY:

CARDIO

STRENGTH

Specialty Class:
Sign up required

MIND/BODY

- **CARDIO MIX:** Come ready to sweat! This workout includes lower body conditioning, upper-body strength, core exercises, and stretching designed to energize your active lifestyle. Intermediate levels, but may involve floor work. 60 minutes.
- **CHAIR FITNESS—** This 45-minute workout incorporates a chair and includes cardiovascular endurance, strength training, balance, and flexibility moves. This class is great for men and women of all ages. A chair is offered for support, but must be able to stand unassisted.
- **CHAIR YOGA:** Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. All levels. Chair is used; no floor work. 45 minutes.
- **CIRCUIT EXPRESS:** Class focuses on strength, balance, coordination, and agility through the use of timed intervals. 45 minutes.
- **CORE AND MORE:** Mind body approach to achieving functional strength along with muscle and bone building. We will use breathing and posture for a variety of strength and flexibility exercises. 45 minutes.
- **ARM ATTACK, BELOW THE BELT, and INTERVAL EXPRESS-** Muscle and cardiovascular conditioning classes designed to focus on certain areas of the body in just 45 minutes. Intermediate to advanced levels only.
- **MINDFUL MOMENTS MEDITATION** - the practice of mentally slowing down racing thoughts, negativity and calming the mind, body and spirit. Techniques involve deep breathing and awareness of the body and mind; focusing on the "now" so you can acknowledge and accept your thoughts, feeling and sensations without judgement. The practice of meditation is scientifically prove to improve cognitive function, reduce stress, lower heart rate, help with chronic pain management, improve immunity and sleep quality.
- **MORNING BURN—**A muscle and cardiovascular conditioning class designed to give you a total body workout in just 45 minutes. All fitness levels.
- **MULTI-LEVEL YOGA—** This class is for anyone of any fitness level. It will focus on total body strengthening, flexibility, and relaxation. Great class to take after a long day at work!! 60 minutes.
- **SILVER SNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. 45 minutes.
- **SILVER SNEAKERS CLASSIC—** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Hand held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. 45 minutes.
- **SIT AND BE FIT:** This class will focus on both upper and lower body strength and endurance, but in a seated position. We will use dumbbells, bands, and/or balls. The entire class will be done in a chair. 45 minutes.
- **STRETCH EXPRESS/STRETCH AND BALANCE—**This class focuses on joint range of motion, muscle and joint extensibility and relaxation. Friday, Stretch and Balance class, will add in balance exercises along with stretching. Targets all muscle groups. This class is great for men and women of all ages. A chair can be used for support, but must be able to stand unassisted. 45 minutes.
- **TAI CHI (Beginner and Advanced)-** A physical and spiritual blend of discipline for health and relaxation exercise. Improves circulation and balance as well as aiding in the relaxation and strengthening of the nervous system to create a sense of well-being. 45 minutes.
- **TOTALLY PINK-** Registered participants only. 12 week Breast Cancer Exercise Program led by a certified Cancer Exercise Specialist, Tiffany Markun Jinright.